

CASTOR OIL PACK

Materials:

Castor Oil

Small glass container, with lid

White flannel cloth, thin and large enough to cover the effected area

Old T-shirt or thin dish towel (castor oil can stain)

Hot water bottle or heating pad on low setting

Method:

- Pour a small quantity of castor oil in the glass container
- Soak the flannel in the castor oil
- Place soaked flannel on your **liver area**
- Cover flannel with old t-shirt
- Place hot water bottle/heating pad over area for 15-20 minutes
- Rest while the pack is in place - careful not to fall asleep if using a heating pad
- After removal, cleanse the area with water or a solution of water and baking soda
- The castor oil pack should be stored in a covered container in the refrigerator and may be reused numerous times
- Apply the pack 5 of 7 days for optimal results (or as directed by your health care provider)

Benefits

Castor oil is the oil extracted from the castor bean plant. As Castor oil is absorbed through the skin, it travels through the lymphatic channels stimulating the natural healing ability of the body to break up congestion therefore reducing inflammation.

Castor oil has been shown to increase circulation to the area of concern and promotes healing to tissues and organs beneath the skin. It is easily absorbed into lymphatic circulation, which beautifully supports your healing.

This simple but effective method:

- Supports healthy digestion
- Increases immune function
- May be used on any areas of concern, such as liver and bowel
- Reduces swelling in injured joints and extremities
- Improve menstrual irregularities, uterine fibroid cysts, and ovarian cysts

DO NOT USE ON ABDOMEN DURING PREGNANCY OR MENSTRUATION *

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